

# TOP 10 MULTIVITAMINS

See our 66 product reports.

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Rankings

  
Report

Quality

Value

☐ All Products

## QUALITY RANKINGS

SCORE

1



Garden of Life Vitamin Code For Men

83.9

[See more](#)

2



Garden of Life Vitamin Code Perfect Weight

83.7

[See more](#)



Nature's Way Alive Max Potency

82.6

3



Multivitamin



See more

4



Rainbow Light Men's One



See more

5



Garden of Life Vitamin Code For Women



See more

6



NOW Foods Adam Men's Multivitamin



See more

7



NOW Foods Eve Women's Multivitamin



See more

8



GNC Mega Men



See more



9



Carlson Labs Super 2 Daily



See more

10



Rainbow Light Women's One



See more

11



GNC Mega Men Energy & Metabolism



See more

12



Optimum Nutrition Opti-Men



See more

13



TwinLab Daily One Caps



See more

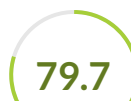
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Garden of Life Vitamin Code Raw One For Men



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Controlled Labs Orange TRLad

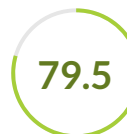


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CBH Super Multivitamin for Men and Women

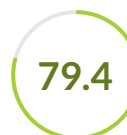


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Rainbow Light Rejuvenage 40+

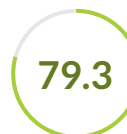


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Life Extension Two-Per-Day Multivitamin



See more

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GNC Women's Ultra Mega

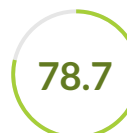


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Optimum Nutrition Opti-Women



See more



Bodybuilding.com Foundation Series



21



Multivitamin



See more

22



Irwin Naturals Living Green Liquid-Gel Multi



See more

23



Source Naturals Life Force Multiple



See more

24



Universal Nutrition Animal Pak



See more

25



MusclePharm Armor-V



See more

26



MaxiSorb Max For Men



See more



27



Advocare Coreplex



See more

28



MET-Rx Active Man



See more

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New Chapter Every Man's One Daily Multi

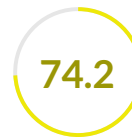


See more

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MegaFood Women Over 40, One Daily



See more

31



Legion Triumph High-Performance Multivitamin



See more

32



Nature Made Multi For Her



See more



33



Nature Made Multi For Him



See more

34



USANA 103 Mega Antioxidant



See more

35



Nature Made Multi with Iron



See more

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One A Day Women's Multivitamin Plus  
Healthy Skin Support



See more

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Nature's Way Alive Liquid Multivitamin



See more

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New Chapter Organics, Only One Multi



See more



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Heaven Sent Naturals Balanced Essentials

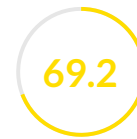


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New Chapter Every Woman's One Daily Multi



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41



NOW Foods Daily Vits



See more

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Dr. Mercola Children's Multivitamin

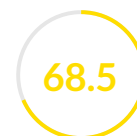


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Kirkland Signature Adults 50+ Mature Multi

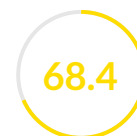


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One A Day Men's Health Formula



See more



Applied Nutrition Men's Liquid Soft-Gel





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Applied Nutrition Men's Liquid Soft-Gel  
Multivitamin

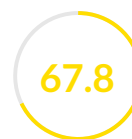


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Natrol My Favorite Multiple, Original  
Multivitamin

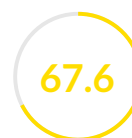


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Myogenix MyoVite

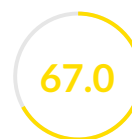


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Universal Naturals Daily Formula



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Kirkland Signature Daily Multi

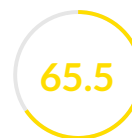


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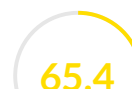
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Nature Made Men's Pack



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Amway Nutrilite Daily

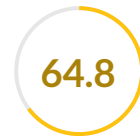


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Universal Nutrition Uni-Vite

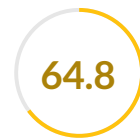


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Deva Vegan Multivitamin

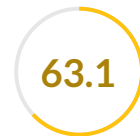


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Herbalife Formula 2 Multivitamin Complex

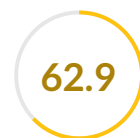


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Trace Minerals Kids Multivitamin

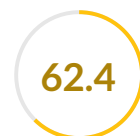


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Child Life Essentials Multivitamin & Mineral



See more



CHILD LIFE ESSENTIALS MULTIVITAMIN & MINERAL



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One A Day Women's 50+ Healthy Advantage



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Trusted Nutrients Men's Daily Complete

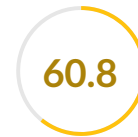


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Nature's Plus Animal Parade Liquid Multi-Vitamin



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Rainbow Light Kid's One

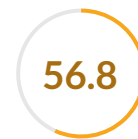


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Vitafusion Women's



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Yummi Bears Organics Multivitamin



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Vitafusion Men's



See more

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Vitafusion MultiVites

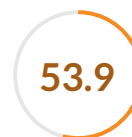


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One A Day VitaCraves Gummies with  
Omega-3 and DHA



See more

66



One A Day Men's VitaCraves Gummies



See more

## Analyses Performed

1,072 analytical chemistry assays on 66 best-selling multivitamin supplements in the United States.

## Must-see Statistic

Lab-tested vitamin A content ranged from -11,300 IU to +3,000 IU vs. the products' label claims. For reference, the median product claimed 5,000 IU of vitamin A.

## Unconventional Wisdom

Gummy and chewable multivitamins measured at 52.8% less vitamin content and 77.3% less minerals content vs. standard multivitamins.

### Testing Summary

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#### Label Accuracy

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#### Product Purity

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#### Nutritional Value

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#### Ingredient Safety

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#### Projected Efficacy

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